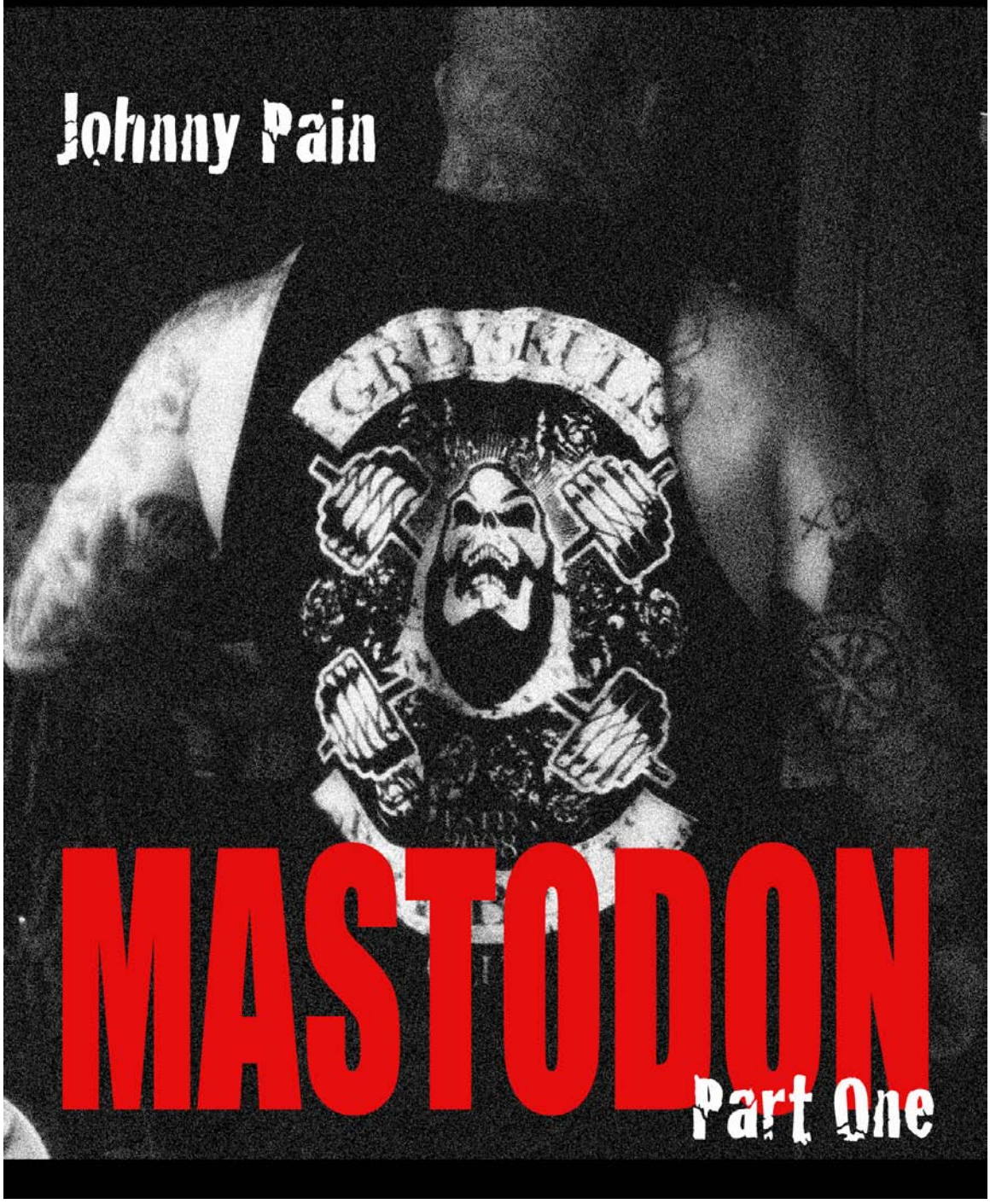
TWELVE WEEKS AT GREYSKULL



Introduction

This book is intended to give the reader an inside look at what it is like to train at Greyskull. The program presented follows a hypothetical male trainee through twelve grueling weeks designed to produce significant, total-body hypertrophy, and build an imposing, strong physique.

This is by no means a default representation of the training conducted here, but rather a snapshot of some of the methods that we employ.

Undertaking this program for twelve weeks will certainly produce for you a very favorable set of results. I'm frequently asked what to do once one is done with the Greyskull LP (the basic program presented in my book "The Greyskull LP: Second Edition). While the GSLP is almost infinitely flexible and adaptable, programs like the one presented in this book are still commonplace for trainees who have been at it a bit longer.

This is the first look I've offered in print at the "Powerbuilding" methods that I am frequently asked about. The concept is simple; build considerable size by training big money exercises, with heavy weights, in rep ranges that have been found to be most effective for growth.

Before we get started, it is important to address a few things that are necessary to get the most out of this program.

Rep Ranges

All of the movements in this program are to be performed to failure. I have assigned "rep ranges" for each movement.

For instance, you may see:

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Decline Bench Press

2 x 6-8

What this means is that you are to do two sets with a weight that causes you to reach muscular failure somewhere between six and eight reps. This may take some adjustment if you are coming from a fixed-reps type of program or background, but you'll get the feel for it as you go. Weight should be added each time the movement comes up assuming that you've managed to make the rep range on the previous workout. As for rest periods between sets on exercises with multiple sets, keep them under three minutes.

You'll notice that each movement has a rep range assigned to it. This is because different movements produce growth best when trained in a certain range. Myself and others have eliminated for you a lot of the trial and error, and as a result you're provided with the optimal ranges for each movement.

It is recommended to do a few warm up sets of each big movement before tackling the big one(s) for the day. No more than two or three though.

Pre-Exhaust

On the upper body days you'll notice that the dumbbell flye, cable crossover, lateral raise, and concentration curl repeat for one single set each workout. These movements are to be done to failure prior to the bigger movements for the associated body part. These aren't to be done "superset" style, meaning that there is no break between the set and the next movement, but rather with about a one-minute rest period before the big movement begins.

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This “pre-exhausts” the smaller muscle, making the larger compound movements have a more direct effect in terms of spurring growth. Dorian Yates is a big fan of this, and as anyone who knows me knows, I am a big fan and follower of his methods. You’ll hear opposing theories on this idea from many, but it has worked wonders in Greyskull when it comes to getting stubborn body parts to grow.

Part two of this series will further examine the pre-exhaust principle and teach you how to more specifically apply it to your individual situation.

Rep Speed

Fast, explosive concentric (positive) portions, and slow, controlled eccentric (negative) portions are the rule for the movements in this book unless otherwise stated. This is crucial, particularly with the upper body movements, and is a simple idea that many people overlook. Slowing down the negative will make you grow, plain and simple.

Conditioning

Those of you who are familiar with my other works will note that the conditioning in this book is rather vanilla. The idea here is growth. While I won’t have you sit on the couch and get fat in between sessions, I don’t want you spreading yourself unnecessarily thin in terms of recovery. We’re looking to get huge here. Eat, rest recover.

Each week there are two weighted vest walks, and one brief conditioning session. If you do these as directed, you will stay in great condition (if not improve your condition) and will get the necessary cardiovascular/cardiorespiratory work in to help you

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with those twenty-rep squat sets. You'll also get hungry like the wolf if you do the work on an empty stomach.

Diet

Last but certainly not least is diet. Understand that though this program is the balls when it comes to packing on mass, you won't grow if you don't eat. You won't grow if you don't eat the right things, and you won't grow if you aren't eating the right amounts of things.

If you're serious about getting huge with this program (and not fat-fucking yourself with gallons of milk or other "mass gain" methods) and have not yet picked up my book ***"SWOLE: The Greyskull Growth Principles"***, I highly recommend that you do so.

SWOLE gives you all of the tools necessary to construct and fine-tune a diet that will help you get the most out of your efforts here.

This is an exciting release for me; Powerbuilding is one of my favorite styles of training to coach. This volume serves as an introduction to the methods, and as such is very basic and to the point. Subsequent "Mastodon" releases will get a bit more complex and theoretical.

For now, strap in and move heavy weights for the next twelve weeks.

Good luck to you, and remember that I can always be contacted directly on **strengthvillain.com** with any and all questions that you may have.

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Week One

Week One: Day One

Concentration Curl (see page 106)

12-15 L/R

EZ Curl Bar Curl (see page 117)

2 x 10-12

Yates Row (see page 111)

2 x 6-8

Rack Pull (see page 124)

8-12

Week One: Day Two

Thirty-minute walk with twenty-pound weight vest.

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Week One: Day Three

Dumbbell Flye or Cable Crossover (see page 110)

12-15

Decline Bench Press

2 x 6-8

Lateral Raise (see page 127)

12-15

Seated Dumbbell Press (see page 119)

6-8, 8-10

Reverse Grip Bench Press (see page 128)

2 x 8-10

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Week One: Day Four

Thirty-minute walk with twenty-pound weight vest.

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Week One: Day Five

Seated Calf Raise (see page 133)

2 x 10-15

Romanian Deadlift (see page 109)

2 x 8-10

Squat

15-20

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Week One: Day Six

100m sprint x 5

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Week One: Day 7

Rest Day

“Strength does not come from physical capacity. It comes form an indomitable will”

-Mahatma Gandhi

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Week Two

Week Two: Day One

Concentration Curl

12-15 L/R

Seated Alternating Dumbbell Curl

2 x 10-12 L/R

Weighted Chin

2 x 4-6

T-Bar Row (see page 107)

2 x 6-8

Deadlift

8-12

Week Two: Day Two

30 minute walk with 20lb weight vest.

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Week Two: Day Three

Dumbbell Flye or Cable Crossover

12-15

Flat Dumbbell Supination Press (see page 118)

2 x 6-8

Lateral Raise

12-15

Press

2 x 6-8

Close Grip Bench Press (see page 105)

2 x 4-6

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Week Two: Day Four

30 minute walk with 20lb weight vest.

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Week Two: Day Five

Standing Calf Raise (see page 132)

12-15

Glute Ham Raise (see page 104)

2 x 6-8

Leg Press (Substitute Front Squat if necessary) (see page 134)

15-20

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Week Two: Day Six

Jump Rope x 400 single jumps

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Week Two: Day Seven

Rest Day

"The strongest man in the world is he who stands most alone".

-Henrik Ibsen

 ©2012 Villain Publishing

Week Three

Week Three: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Drag Curl (see page 115)

2 x 10-12

One-Armed Pulldown (see page 113)

2 x 6-8

Seated Cable Row (Sub Dumbbell Row if necessary)

(see page 121)

2 x 6-8

Deficit Deadlift (see page 120)

8-12

Week Three: Day Two

30 minute walk with 20lb weight vest.

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Week Three: Day Three

Dumbbell Flye or Cable Crossover

12-15

Incline Bench Press

2 x 4-6

Lateral Raise

12-15

Seated Behind the Neck Press (see page 125)

2 x 6-8

Lying Triceps Extension (EZ Curl Bar) (see page 131)

15-20

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Week Three: Day Four

30 minute walk with 20lb weight vest.

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Week Three: Day Five

Dumbbell Calf Raise

10-12 L/R

Good Morning (see page 135)

2 x 6-8

Hack Squat (Substitute Front Squat if necessary) (see page 103)

15-20

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Week Three: Day Six

Sandbag Clean and Press x 50 (see page 136)

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Week Three: Day Seven

Rest Day

“Dictionary is the only place that success comes before work.”

-Vince Lombardi

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Week Four

Week Four: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Curl

2 x 10-12

Yates Row

2 x 6-8

Rack Pull

8-12

Week Four: Day Two

30 minute walk with 20lb weight vest.

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Week Four: Day Three

Dumbbell Flye or Cable Crossover

12-15

Decline Bench Press

2 x 6-8

Lateral Raise

12-15

Seated Dumbbell Press

6-8, 8-10

Reverse Grip Bench Press

2 x 8-10

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Week Four: Day Four

30 minute walk with 20lb weight vest.

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Week Four: Day Five

Seated Calf Raise

2 x 10-15

Romanian Deadlift

2 x 8-10

Squat

15-20

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Week Four: Day Six

Sledgehammer Swing (see page 137)

5- 3 minute rounds

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Week Four: Day Seven

Rest Day

"There is no substitute for hard work."

-Thomas Edison

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Week Five

Week Five: Day One

Concentration Curl

12-15 L/R

Seated Alternating Dumbbell Curl

2 x 10-12 L/R

Weighted Chin

2 x 4-6

T-Bar Row

2 x 6-8

Deadlift

8-12

Week Five: Day Two

45 minute walk with 20lb weight vest.

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Week Five: Day Three

Dumbbell Flye or Cable Crossover

12-15

Flat Dumbbell Supination Press

2 x 6-8

Lateral Raise

12-15

Press

2 x 6-8

Close Grip Bench Press

2 x 4-6

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Week Five: Day Four

45 minute walk with 20lb weight vest.

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Week Five: Day Five

Standing Calf Raise

12-15

Glute Ham Raise

2 x 6-8

Leg Press (Substitute Front Squat if necessary)

15-20

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Week Five: Day Six

100m sprint x 5

 ©2012 Villain Publishing

Week Five: Day Seven

Rest Day

“For every two minutes of glamour there are eight hours of hard work”.

-Jessica Savitch

 ©2012 Villain Publishing

Week Six

Week Six: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Drag Curl

2 x 10-12

One-Armed Pulldown

2 x 6-8

Seated Cable Row (Substitute Dumbbell Row if necessary)

2 x 6-8

Deficit Deadlift

8-12

Week Six: Day Two

45 minute walk with 20lb weight vest.

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Week Six: Day Three

Dumbbell Flye or Cable Crossover

12-15

Incline Bench Press

2 x 4-6

Lateral Raise

12-15

Seated Behind the Neck Press

2 x 6-8

Lying Triceps Extension (EZ Curl Bar)

15-20

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Week Six: Day Four

45 minute walk with 20lb weight vest.

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Week Six: Day Five

Dumbbell Calf Raise

10-12 L/R

Good Morning

2 x 6-8

Hack Squat (Substitute Front Squat if necessary)

15-20

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Week Six: Day Six

Jump Rope x 400 single jumps

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Week Six: Day Seven

Rest Day

Talent is cheaper than table salt. What separates the talented individual from the successful one is a lot of hard work".

-Stephen King

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Week Seven

Week Seven: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Curl

2 x 10-12

Yates Row

2 x 6-8

Rack Pull

8-12

Week Seven: Day Two

45 minute walk with 20lb weight vest.

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Week Seven: Day Three

Dumbbell Flye or Cable Crossover

12-15

Decline Bench Press

2 x 6-8

Lateral Raise

12-15

Seated Dumbbell Press

6-8, 8-10

Reverse Grip Bench Press

2 x 8-10

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Week Seven: Day Four

45 minute walk with 20lb weight vest.

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Week Seven: Day Five

Seated Calf Raise

2 x 10-15

Romanian Deadlift

2 x 8-10

Squat

15-20

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Week Seven: Day Six

Sandbag Clean and Press x 50

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Week Seven: Day Seven

Rest Day

"Without hard work, nothing grows but weeds".

-Gordon B. Hinckley

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Week Eight

Week Eight: Day One

Concentration Curl

12-15 L/R

Seated Alternating Dumbbell Curl

2 x 10-12 L/R

Weighted Chin

2 x 4-6

T-Bar Row

2 x 6-8

Deadlift

8-12

Week Eight: Day Two

45 minute walk with 20lb weight vest.

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Week Eight: Day Three

Dumbbell Flye or Cable Crossover

12-15

Flat Dumbbell Supination Press

2 x 6-8

Lateral Raise

12-15

Press

2 x 6-8

Close Grip Bench Press

2 x 4-6

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Week Eight: Day Four

45 minute walk with 20lb weight vest.

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Week Eight: Day Five

Standing Calf Raise

12-15

Glute Ham Raise

2 x 6-8

Leg Press (Substitute Front Squat if necessary)

15-20

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Week Eight: Day Six

Sledgehammer Swing

5- 3 minute rounds

 ©2012 Villain Publishing

Week Eight: Day Seven

Rest Day

“Life grants nothing to us mortals without hard work”.

-Horace

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Week Nine

Week Nine: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Drag Curl

2 x 10-12

One-Armed Pulldown

2 x 6-8

Seated Cable Row (Substitute Dumbbell Row if necessary)

2 x 6-8

Deficit Deadlift

8-12

Week Nine: Day Two

45 minute walk with 20lb weight vest.

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Week Nine: Day Three

Dumbbell Flye or Cable Crossover

12-15

Incline Bench Press

2 x 4-6

Lateral Raise

12-15

Seated Behind the Neck Press

2 x 6-8

Lying Triceps Extension (EZ Curl Bar)

15-20

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Week Nine: Day Four

45 minute walk with 20lb weight vest.

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Week Nine: Day Five

Dumbbell Calf Raise

10-12 L/R

Good Morning

2 x 6-8

Hack Squat (Substitute Front Squat if necessary)

15-20

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Week Nine: Day Six

100m sprint x 5

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Week Nine: Day Seven

Rest Day

"Everybody wants to be a "Powerbuilder", but don't nobody want to lift no heavy ass weights".

-Ronnie Coleman

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Week Ten

Week Ten: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Curl

2 x 10-12

Yates Row

2 x 6-8

Rack Pull

8-12

Week Ten: Day Two

45 minute walk with 20lb weight vest.

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Week Ten: Day Three

Dumbbell Flye or Cable Crossover

12-15

Decline Bench Press

2 x 6-8

Lateral Raise

12-15

Seated Dumbbell Press

6-8, 8-10

Reverse Grip Bench Press

2 x 8-10

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Week Ten: Day Four

45 minute walk with 20lb weight vest.

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Week Ten: Day Five

Seated Calf Raise

2 x 10-15

Romanian Deadlift

2 x 8-10

Squat

15-20

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Week Ten: Day Six

Jump Rope x 400 single jumps

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Week Ten: Day Seven

Rest Day

"The single biggest mistake most beginners make is putting 100% of their effort into the positive part of the rep, while paying no attention to the negative segment".

-Dorian Yates

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Week Eleven

Week Eleven: Day One

Concentration Curl

12-15 L/R

Seated Alternating Dumbbell Curl

2 x 10-12 L/R

Weighted Chin

2 x 4-6

T-Bar Row

2 x 6-8

Deadlift

8-12

Week Eleven: Day Two

45 minute walk with 20lb weight vest.

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Week Eleven: Day Three

Dumbbell Flye or Cable Crossover

12-15

Flat Dumbbell Supination Press

2 x 6-8

Lateral Raise

12-15

Press

2 x 6-8

Close Grip Bench Press

2 x 4-6

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Week Eleven: Day Four

45 minute walk with 20lb weight vest.

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Week Eleven: Day Five

Standing Calf Raise

12-15

Glute Ham Raise

2 x 6-8

Leg Press (Substitute Front Squat if necessary)

15-20

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Week Eleven: Day Six

Sandbag Clean and Press x 50

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Week Eleven: Day Seven

Rest Day

"For me winning isn't surprising at all".

-Dorian Yates

 ©2012 Villain Publishing

Week Twelve

Week Twelve: Day One

Concentration Curl

12-15 L/R

EZ Curl Bar Drag Curl

2 x 10-12

One-Armed Pulldown

2 x 6-8

Seated Cable Row (Substitute Dumbbell Row if necessary)

2 x 6-8

Deficit Deadlift

8-12

Week Twelve: Day Two

45 minute walk with 20lb weight vest.

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Week Twelve: Day Three

Dumbbell Flye or Cable Crossover

12-15

Incline Bench Press

2 x 4-6

Lateral Raise

12-15

Seated Behind the Neck Press

2 x 6-8

Lying Triceps Extension (EZ Curl Bar)

15-20

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Week Twelve: Day Four

45 minute walk with 20lb weight vest.

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Week Twelve: Day Five

Dumbbell Calf Raise

10-12 L/R

Good Morning

2 x 6-8

Hack Squat (Substitute Front Squat if necessary)

15-20

 ©2012 Villain Publishing

Week Twelve: Day Six

Sledgehammer Swing

5- 3 minute rounds

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Conclusion

There you have it, a twelve-week introduction to Powerbuilding, Greyskull style. If you've pushed it to the limit on your workouts over the last twelve weeks, you are no doubt sporting some serious new muscle on your frame.

I commend you for putting in the effort and doing things that others simply won't do in pursuit of beastly greatness. If you've chosen to continue down the Powerbuilding path to monstrous size and strength, then look forward to part two of this series where I will be introducing more diabolical movements and principles to keep the gains coming.

As I've said before, at Greyskull the only things we are interested in "maintaining" are erections.

Thank you for your support, and do not hesitate to contact me for help along the way.

Yours in Strength,

Johnny Pain

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Exercise Detail

This is not intended by any means to be a comprehensive list of all of the movements used in the 12-week program in this book. There is a certain amount of assumed knowledge on the part of the reader/ purchaser of this book. Movements that I felt some might be unfamiliar with are demonstrated for detail in this section. For more detail on the more basic movements presented, check out the exercise execution section of "The Greyskull LP: Second Edition".

As always, if there are any questions regarding any of the information presented in this book, I can be reached on my Q and A Forum on StrengthVillain.com where I will be happy to provide you with an answer.

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The Hack Squat

There are many different Hack Squat machines, but the basics carry over from design to design. Set your feet high on the plate as shown below, push through your heels, and squat deep, deep, deep!

Correct foot placement for the Hack Squat

The Hack Squat

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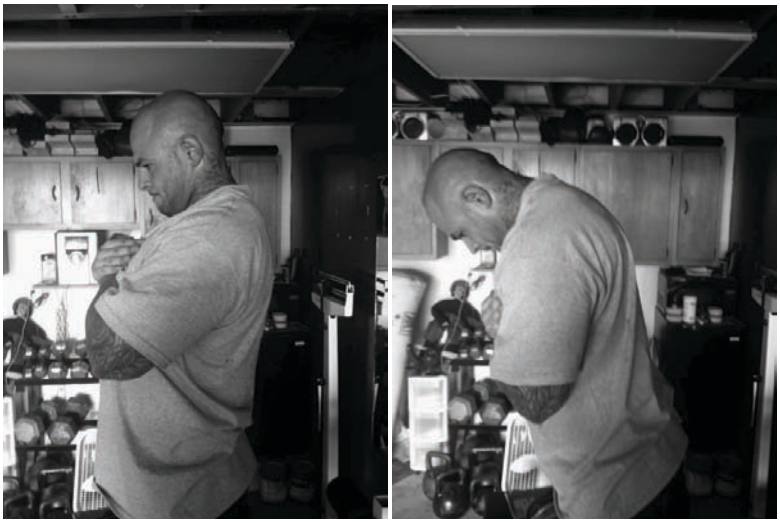
The Glute Ham Raise

This one I included because very few people do this one correctly. With the proliferation of CrossFit, the Glute Ham Developer has been used less and less for the exercise that it was designed for and more for a place to do interesting situps.

The Glute Ham Raise: note the round back (correct, right below) as opposed to the arched back (incorrect, left below)



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The Close Grip Bench Press

There are two common ways of performing this movement, what I refer to as the "Powerlifting" style, and the "Bodybuilding" style. The difference is the position of the elbows throughout the movement; the former has the elbows tucked with the upper arms maintaining contact with the torso, while the latter has the elbows "doing what they want" and flaring out a bit. For this program we will be using the Bodybuilding style as shown below. For more detail on both variants check out my book "The Greyskull LP: Second Edition".

The Close Grip Bench Press. Note that the hands are positioned in roughly the same spacing used for a correct press.

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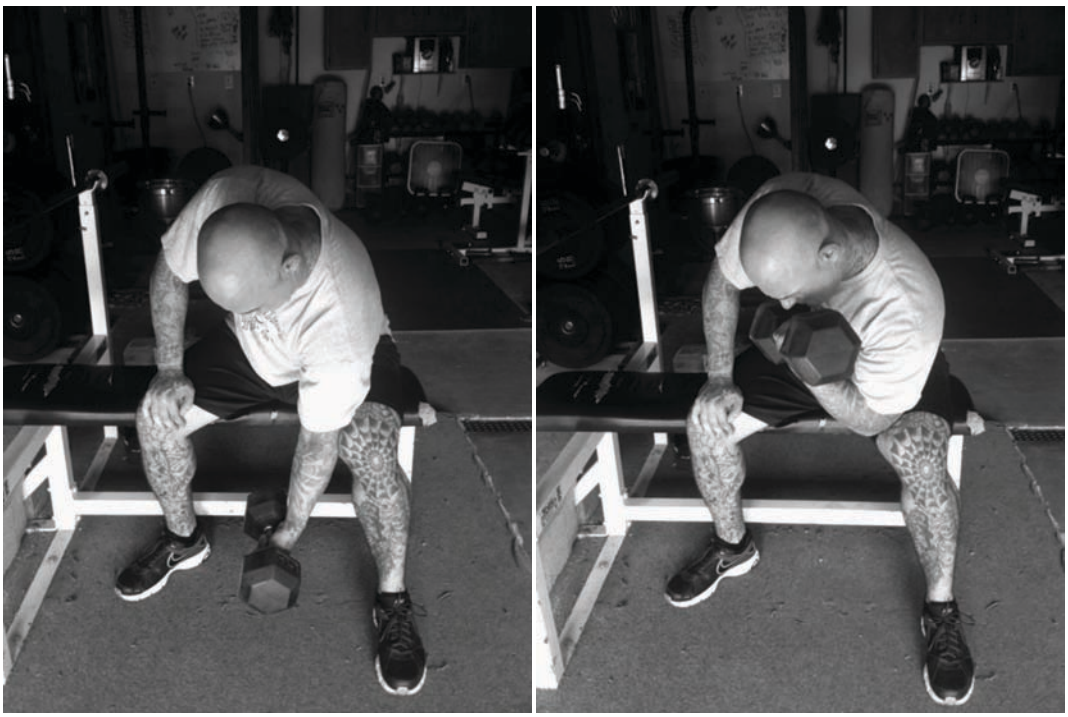
The Concentration Curl

This one is very straightforward. Sit on a bench and rest your elbow against the inside of your thigh. Let the curling arm extend down towards the ground. Without any body English whatsoever, curl the weight to the top, flexing the muscle as hard as possible for about a one and a half count. Lower the bell slowly in a smooth, controlled negative.



The Concentration Curl

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The T-Bar Row

Here I'm illustrating the two variants of this movement that we commonly use. Whether performed on a piece of commercial gym equipment, or with a barbell and a V-Handle, the principles are the same.

- Bent Knees
- Chest Out/Low Back Arched
- Pull with the elbows using the hands as hooks

The T-Bar Row in a commercial gym.

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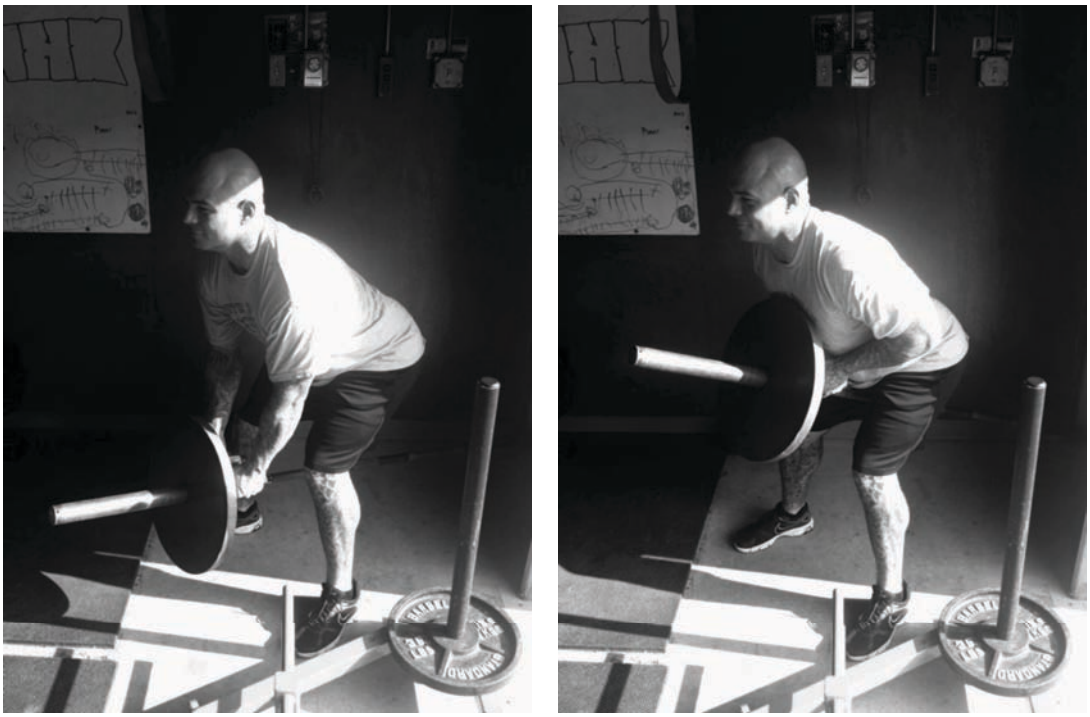

The T-Bar Row with a barbell and V-Handle in a garage gym.

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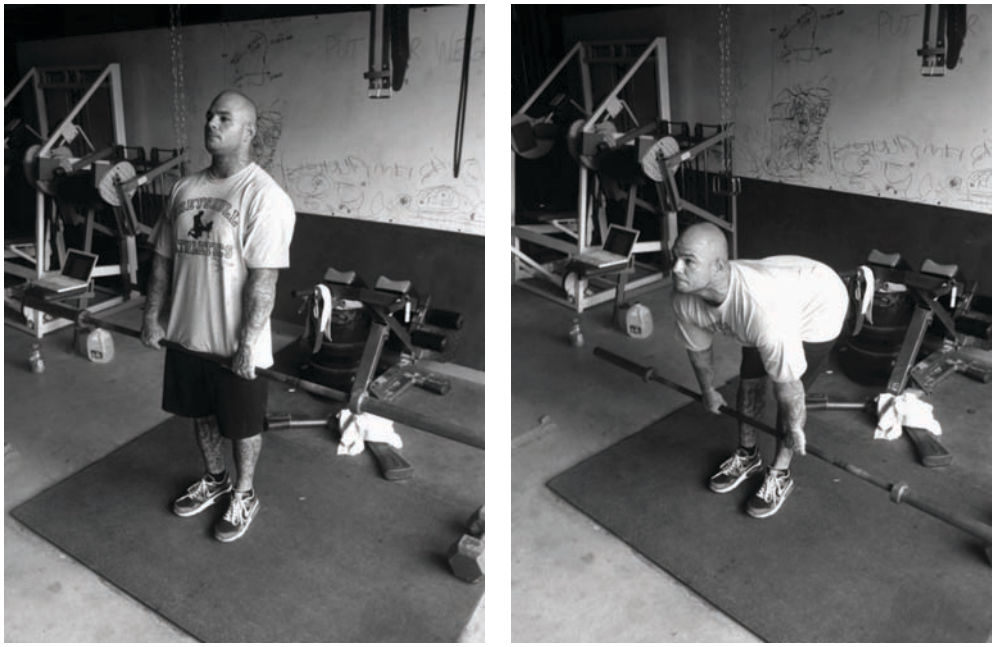
The Romanian Deadlift

Biggest points here are straight, locked legs, and a solid arch in the back. Begin at the top of the movement and lower the bar until the point where it would require you to relax the back or bend the knees to get lower.



The Romanian Deadlift

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The Cable Crossover

This is an old favorite that is performed incorrectly on a regular basis.

Grasp both handles of a crossover station with the pulleys set up high. Take a step forward with one leg and lean forward, letting the weight stretch your arms out to the sides. Keep a slight bend in the elbows and, moving only your arms, bring your hands down across the front of your body, crossing them at about navel level. Hold the contraction in the pecs hard for a one and a half count and then resist the negative.

The Cable Crossover. Here Tommy has brought his hands together at the bottom, I prefer to see the hands go past each other to further intensify the contraction.

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The Yates Row

Note the back angle and the position of the hands. This is a very simple movement that people love to over complicate. See The Greyskull LP: Second Edition for much more detail on this one if needed.

The Yates Row

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The V-Handle Pulldown

Sit upright in the seat with legs locked. Lock the lower back in extension, and push your chest out hard (it stays this way throughout). Reach until your shoulders are pulled up (as in a dead hang pull-up) and pull the handle down to your upper chest, driving with your elbows and thinking of your hands as hooks. Use straps preferably, but just say no to momentum.

The V-Handle Pulldown

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The One Armed Pulldown

- Chest out/low back arched
- Pull with the elbow using the hand as a hook
- Straps are recommended

This machine made by Hammer Strength is one of my all time favorite back movements. If you're in a commercial gym setting, make friends with this piece of equipment. Also pictured below is the cable stack substitution if this particular machine is not available. I've stated before that I consider a cable Pulldown machine to be basic garage gym equipment only slightly behind a barbell, rack, and bench.

The One Armed Pulldown on a Hammer Strength machine.

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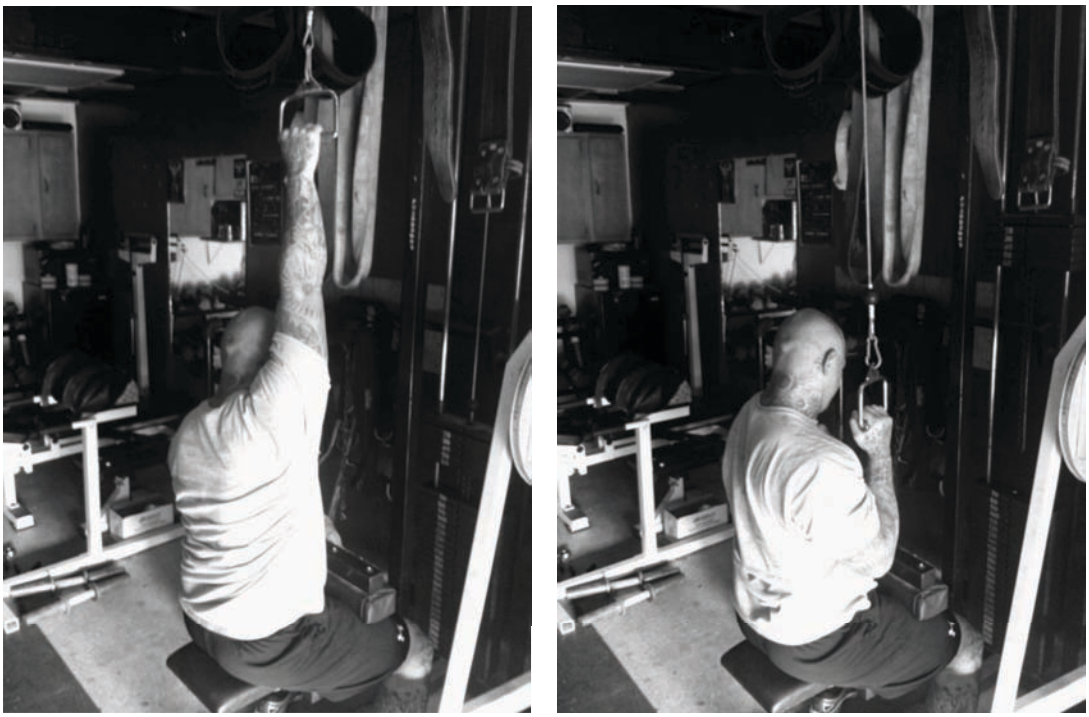

The One Armed cable Pulldown.

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The EZ Curl Bar Drag Curl

This variation of the standard curl described above is one of my favorites. When done right, it provides one of the nastiest negatives you can create

The concentric portion is the same as the normal curl.

On the negative portion, shoot your elbows back behind you, keeping your arms squeezed in tight to your sides, until the bar is touching the front of your torso (where it comes in contact with you will depend on individual limb segment lengths).

You then perform the negative by sliding the bar down the front of your body to the start position.

Ease into these, and remember that the movement is to be performed strict, and with a ton of tension throughout your entire body.

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The EZ Curl Bar Drag Curl

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EZ Curl Bar Curl

Make everything as tight as possible when doing these. Flex your chest and lats hard throughout the whole movement. If you haven't learned how to consciously control these muscles, just imagine holding a pair of five-pound plates under your armpits while you perform the movement. Maintain this tightness at the top of the movement and lift your elbows up slightly at the end; you'll feel the whole unit get much tighter, and the bicep itself will feel as if it has no more potential to contract (which it won't). This small movement triggers the last little bit of contraction from the biceps proximal (closest to the body) function of contributing to the movement of the upper arm at the shoulder joint.

The EZ Curl Bar Curl. Note the squeeze and elevated elbows at the top of the movement.

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Flat Bench Dumbbell Supination Press

This is very similar to a conventional Dumbbell Bench Press with the exception that the bells are turned at the top to produce a harder contraction in the pectoral muscles. Hold the contraction at the top for a one and a half count. Squeeze!

The Flat Bench Dumbbell Supination Press

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Seated Dumbbell Press

Another simple one.

The Seated Dumbbell Press

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The Deficit Deadlift

This one requires a few plates or a platform of some sort to stand on. Other than that it is performed exactly like a conventional deadlift.

The Deficit Deadlift

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The Seated Row

Shown on a seated cable row station and a Hammer Strength Seated Row. In either case the normal principles apply:

Chest Out

- No movement besides the arms
- Hands as hooks, pull with the elbows
- Straps recommended

The Seated Cable Row

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The Hammer Strength Seated Row. Here Tommy is doing the one-armed version, though in this program I am recommending the two –armed variant.

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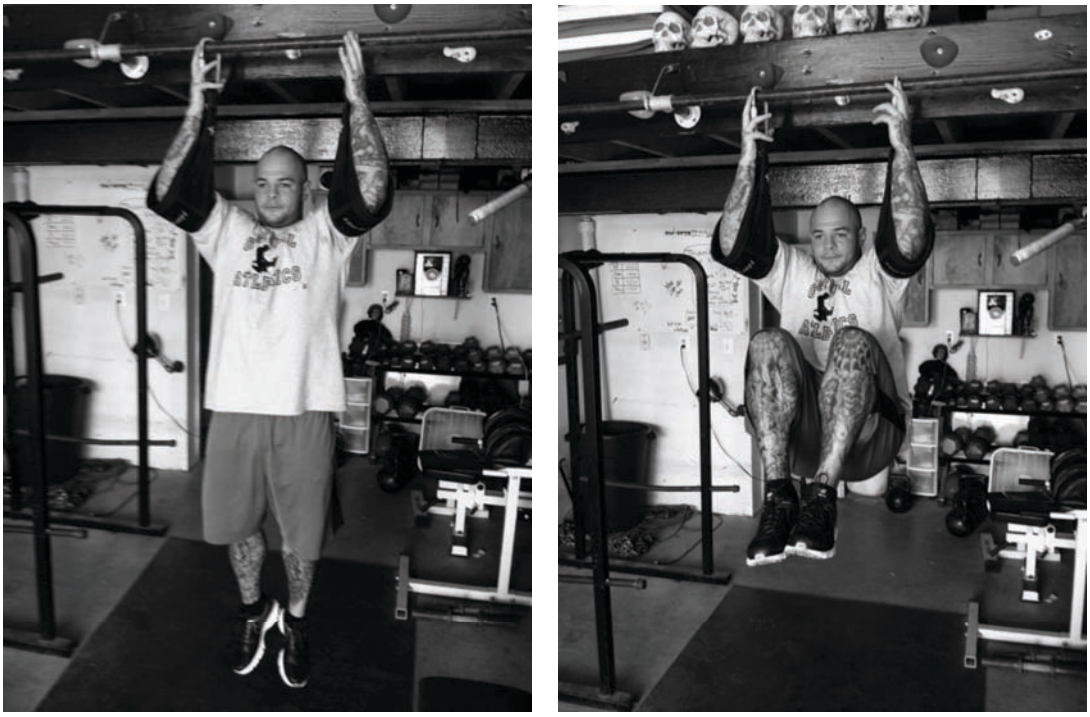
The Hanging Knee Raise



The Hanging Knee Raise

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The Rack Pull

Set the pins in the rack to just above the knee. Keep the chest pushed out and push the ground away with the feet.

The Rack Pull

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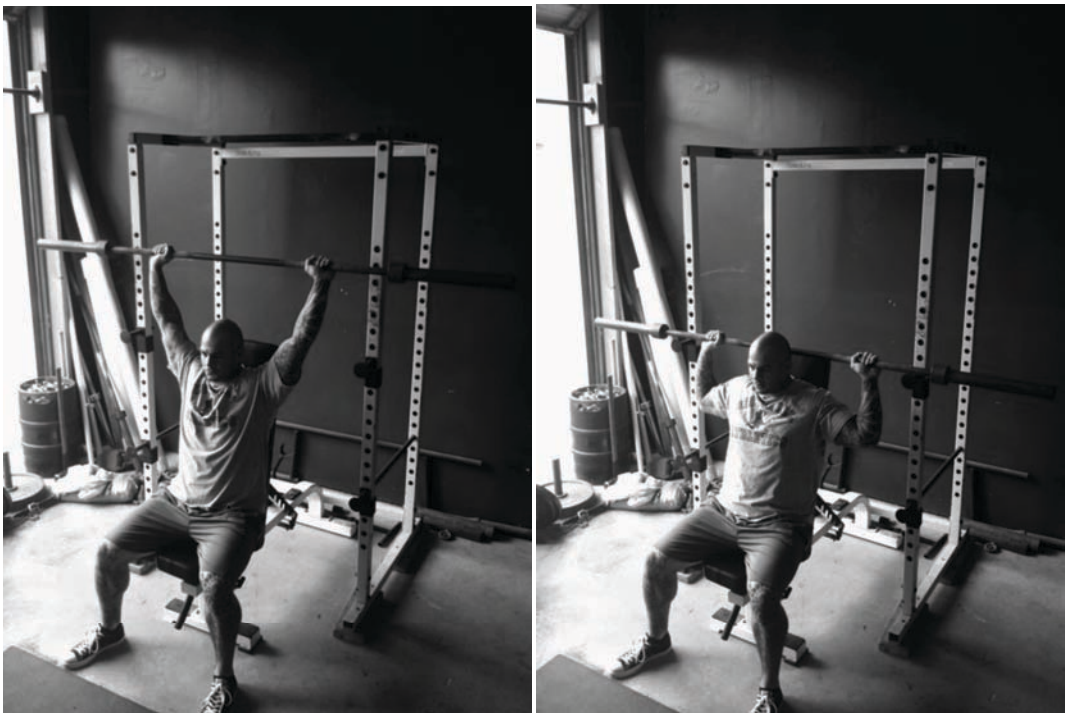
Seated Behind the Neck Press

Shown here with a barbell in the rack, and on the Hammer Strength Behind the Neck Press. With the barbell version only lower the bar to ear height as shown.



The Seated Behind the Neck Press with a barbell. Note that Tommy is only lowering the bar to ear level. Also notice his hand spacing on the bar.

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The Hammer Strength Behind the Neck Press.

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The Lateral Raise

This one is simple. Begin seated and perform as many reps as you can. When you can't get any more seated, stand and knock out a few more before reaching failure completely. Keep the thumb side of the dumbbell level or pointed slightly down as if "pouring out" a liquid.

The Lateral Raise

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The Reverse Grip Bench Press

This one is pictured on a Smith Machine, which I recommend if there is one accessible. It can be performed on a flat bench with a barbell, but I highly recommend using a spotter.

The Reverse Grip Bench Press.

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The Cable Crunch

This one requires a cable stack with a high pulley to which a rope handle can be attached. Set the weight to a moderate load (this will take some figuring out for those unfamiliar with this movement) kneel on the ground a few feet back from the base of the machine, and grasp the rope handle. Keeping the hips stationary, and moving only the torso, stretch the chest up high, tightening the lower back. From that position, crunch the abdominals hard pulling the weight down with fixed arms (no pulling). Hold the contraction at the bottom of the movement for a three count, flexing the abdominals as if you are trying to get them to pop. Once you've held the three count, return to the top position slowly resisting the weight.

The Cable Crunch

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The Decline Board Twisting Crunch

This one is not to be confused with the more rapid "Rocky-esque" version of this movement. This guy is to be performed ultra strict with our recurring theme of intense contraction. Set the decline bench or board to about a forty-five degree decline. Sit upright on the bench so that your torso is perpendicular to the board. From that position, moving only "from the ribs up", as in keeping the hips still and lower back relatively stationary, twist and crunch so that your right elbow heads towards your left knee. Hold the hard contraction in the oblique for a three count, release slowly back to the start, and repeat on the other side. A rep performed to each knee counts as one repetition.

Note: (not shown) After crunching to one knee, you would return to the start position before crunching to the opposite knee.

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Lying Triceps Extension

This one is often referred to as a “Skullcrusher”. I don’t use that term because when done correctly, the bar does not come near the forehead. Note how Tommy’s arms are at a forty-five degree angle in the top position. This takes much of the stress off of the triceps tendons, and increases the effectiveness of the movement. These should be performed smooth and with a hard contraction at the top. There is no movement from the shoulder; the forearm is the only portion in motion during the lift.

The Lying Triceps Extension

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Standing Calf Raise

Explode on the way up, after holding a stretch in the bottom for a two count. The negative portion should take a three count to finish.

The Standing Calf Raise

 ©2012 Villain Publishing

The Seated Calf Raise

Same rules as the standing version:

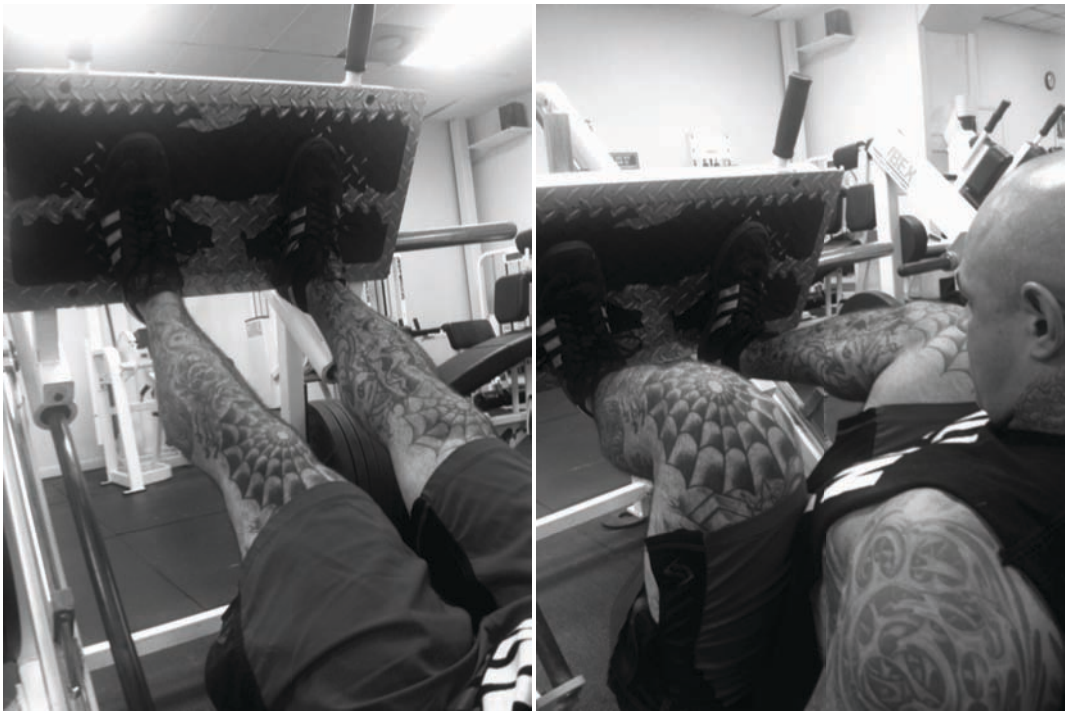
- Hold the stretch for a two count
- Make the negative last for a three count

The Seated Calf Raise

 ©2012 Villain Publishing

The Leg Press

One of the best leg mass builders in existence. Place your feet on the sled as shown with your toes turned out slightly. Lower the weight under control bringing your knees along side your body until you reach the natural “stop”, similar to what you feel in the bottom of a squat. Then Blast the weight back up to the top.



The Leg Press

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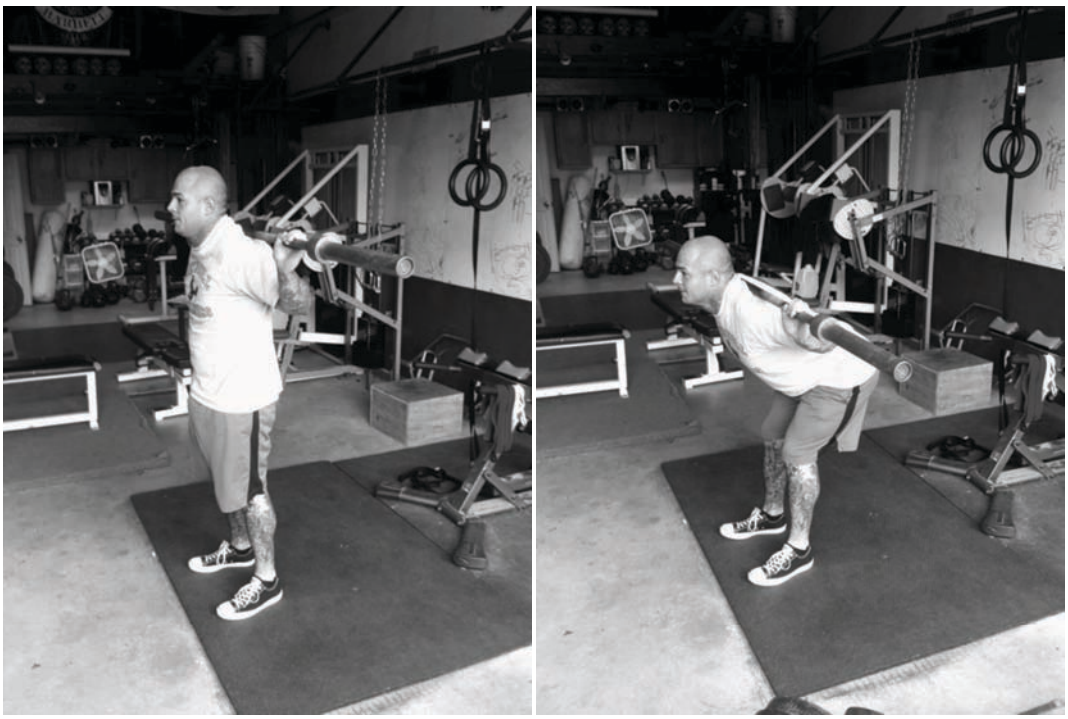
The Good Morning

Place the bar on your back as you would for a squat. Keep your chest pushed out, and push your butt back far, feeling the stretch in your hamstrings. Then return to the start position.



The Good Morning

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The Sandbag Clean and Press

Exactly what it sounds like.

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The Sledgehammer Swing

I only include this one because people often think that it is the name for an exercise when I write it somewhere, and not just literally swinging a sledgehammer.

Just beat the hell out of the tire.

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Meet Your Author

Johnny Pain is the man behind StrengthVillain.com as well as the East Coast's notorious Greyskull Barbell Club and several other ventures. He is the author of several books on subjects pertaining to strength and conditioning. He can be found comically entertaining questions on his Q and A forum at StrengthVillain.com or can be reached for consultations, training seminars, or speaking engagements at john@villainintl.com.

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